

Winter Fitness Classes

Register in person or online: <https://frederickcountymd-gov.3dcartstores.com>

(classes are not prorated for late starts/absences)

Registration starts Tuesday, December 17 at 9:00 a.m.

Yoga

Yoga offers tools to improve fitness, circulation, mobility, and a sense of well-being. This class offers excellent, precise instruction in yoga postures and breathing. Join us in building strength and flexibility in body, mind, and spirit. Open to all, regardless of yoga experience. Please bring a yoga mat.

Instructor: Larisa Harrington

Date: Mondays, starting January 6

Time: 12:45-2:00 p.m.

Cost: \$30 per person

Date: Wednesdays, starting January 8

Time: 11:30 a.m.-12:45 p.m.

Cost: \$30 per person

Meditation

Meditation has been shown to decrease symptoms of stress; aid in management of chronic pain; and boost the immune system. Each session will combine gentle movement and two different types of meditation that can be done in a chair or on a mat. This class is suitable for all levels and abilities. Feel free to bring: mat, blanket & pillow or rolled towel for head

Date: Wednesdays, starting January 8

Time: 12:45-2:00 p.m.

Cost: \$30 per person

Instructor: Larisa Harrington

Line Dancing

The dance floor is for everyone! Improve your balance, gain confidence, find the beat, get moving, and have fun! Open to all, regardless of line dancing experience.

Date: Thursdays, starting January 9

Time: 1:15-2:15 p.m.

Cost: \$30 per person

Instructor: Mary Anne Williams

Tai Chi: Advanced

Improve Balance & Strength of Body
Achieve Clarity & Focus of Mind
Gain Calmness & Lightness of Spirit

(instructor permission needed to register)

Date: Mondays, starting January 6

Time: 11:30 a.m.-12:30 p.m.

Cost: \$45 per participant

Instructor: Claudia Olson

Daily Exercise

Come exercise with us! These videos are made especially for seniors. Videos includes stretching, strength, balance, mobility and cardio exercises. Each day is a different video. This is an on-going drop-in program.

Dates/Times:

Monday-Thursday: 9:30 a.m. & 10:45 a.m.

Thursdays: 4:30 p.m. (starting Jan. 9)

Fridays: 9:30 a.m. (starting Jan. 10)

Cost: Free, video exercise, no instructor

Urbana 50+ Adult Community Center

Offering fitness, enrichment & social opportunities for 50+

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

Facebook: [Urbana Senior Center - Frederick County, MD](#)

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/seniorservices